



Being back in line

General store celebrates 150 years.
Page 9

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Cambridge Meeting

Save a big buck on the 90s of this retro-style store.
Page 13

MONDAY, JANUARY 23, 2012

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.SPOKEONLINE.COM

48TH YEAR - NO. 3

BELLY DANCE YOUR WAY TO GOOD HEALTH



PHOTO BY KATHY HENRY

Belly dancing instructor, Azealia High-Booster demonstrates the dance at Dover High. Dance studio in Kitchener. For story and more photos, see Page 9.

Apply for your tuition grant

By Karen Morris

If you're a college or undergraduate or university student, you could be eligible to receive 50 per cent back on tuition grants, thanks to a new initiative by the Ontario government. The new program was developed to make education more accessible and affordable for Ontario families.

Students must meet four simple requirements to be eligible. They can be a full-time student at a college or university in Ontario, have been out of high school for less than four years, be in a program that you can apply for directly out of high school and your parents' gross income must be \$150,000 or less.

"It's probably keep the money in the home so that I can use it later to pay off more OSAAP," said Michelle Harniss, a first-year human services foundation student at Conestoga.

Students who are already receiving OSAAP do not need to fill out an application; they will be assessed automatically. The grant will then be deposited directly into their account or mailed to their school year address.

There are some loopholes when some students won't be able to receive the grant, such as students in graduate, but the majority of students will," said Laura Hinch, an employee at Conestoga's Financial Aid Office.

Master students are not eligible. Students who do not receive

OSAP could still be eligible if they meet the above criteria; however, an application is required.

"I've already applied for it," said Chris Karamanis, a first-year architecture construction engineering technology student. "I'm going to use the money for books and groceries or just to add to my savings."

These students must first obtain their own Social Insurance Number as well as their parents' SIN numbers and the information from Line 150 of their parents' 2010 Canadian Income Tax Returns.

Then they can proceed with the application, which requires going online to www.ontario.ca/bsafed and registering for an OSAAP Access Number then filling out and submitting the online application.

After students have submitted the application, they must print out the signature pages — one to be signed by the student and the other by the parents. Finally, the pages must be mailed or taken to the Student Financial Services Branch.

Students will receive \$450 if they are in degree programs and \$350 if they are in diploma programs.

Next year, as tuition increases, students will receive \$1,500 for degree programs and \$750 for diploma programs.

The deadline to apply is March 31, 2012. For more information, call the Tuition Grant Hotline at 1-800-440-4475.

Career workshop is free

By KENNETH BELLAMY

If you are struggling with your program choice and need some advice on what you could do to improve your situation, an upcoming career direction workshop may be for you.

Conestoga College is holding the three-part workshop to help students who are graduating or struggling with their career choice. They are part with the next day will be.

Career advisor Karen Schoenrock and the team are on for the workshop to help students with their career goals.

"We are helping students clarify their career goals and help them decide whether they are in the right program for their overall goals."

Schoenrock and students must apply online and then they will be given the next number.

"We didn't put the name number on the advertising because we want students to register online."

One of the biggest problems at the workshop offered at Conestoga is that students must apply online and students have to pay for the workshop.

"We are doing something called the Career Interest

Assessment. Most colleges and universities charge a fee for the test. The test takes your interests and relates them to possible career choices."

Students who must be major for most school part can before they can attend part two.

"This workshop is not about resume building. It is about evaluating and clarifying that students have taken the right program for their education career path."

The last part of the three-part workshop will begin on Jan. 25.

It will run from 9:30 to 5 p.m.

Conestoga box score

Jan. 9 to 16

By KYLE KENNEDY

Men's Volleyball

Jan. 10: Conestoga 0, Mohawk 3

Jan. 12: Conestoga 0, Kawartha 3

Overall Record: 1-10

Women's Volleyball

Jan. 11: Conestoga 3, Mohawk 2

Jan. 12: Conestoga 3, Kawartha 0

Overall Record: 2-5; two-match winning streak

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could party with any celebrity,
who would it be?



"Vickie Chen... It's not the artist. It's a Chinese artist."

Yanbing Zhou,
first year
health information

"Kanye West... I really like his music and he's good looking too."

Jessica DelRiva,
first year
interior design



"Brad Paisley I love country music."

Lindsay Gray,
first year
personal support
worker



"Robert Downey Jr. for sure."

Ross Kufner,
first year
personal support
worker



"Definitely the 'Expendables' cast so I could be in an action movie too."

Debbie Barginski,
first year
public relations



"Gang Bang... I'm sure he knows how to party."

Matthew Glaszinski,
first year
electrical engineering
technology

Conestoga College, you could be our next respondent!

Building Bridges to friendship

By **BRANDY CONRADSON**

For many, the main allure of college is meeting new people, parties and trying to forget about school as much as possible.

But for some, the social aspect seems like more of a chore than a school task.

Conestoga's Disability Services office the Bridges program is helping those who are feeling socially isolated. The program pairs a mentor with a student who is socially challenged and they meet once a week to talk, play cards or do other things together.

"It's a very difficult thing to learn - asking for help," said Stephanie Dea Hana, Bridges volunteer co-ordinator and a third-year health information student.

But those who do can benefit from a sense of belonging and structure, as well as a friend to look forward to spending time with each week.

And as the students come

out of their shell, they can ask to spend more time together or talk about things they wouldn't have previously known, confidante revealing.

However, the benefits also extend to the mentors.

"It's important to point out that we get just as much out of the relationship and connection as do the students that we're wanted up with," said Dea Hana. "It's a nice fit in to not experience ourselves, but to actually be able to work with another student. I know for myself that I get more out of it than I ever thought I would."

Another mentor, Derek Mackay, and Amy David, resource co-ordinator for Disability Services, nodded and agreed the statement.

In addition to the personal connection, the program serves training in disability awareness for disabilities such as mental health, learning, mobility, sight, hearing and Asperger's syndrome.

While the training helps them in their interactions

with the diverse students they are paired with, the benefits reach even further.

A mentor, who has helped teach younger students, was able to help parents discover their child's disability. Through information learned in Bridges, the mentor - who asked to remain anonymous out of respect for the child's privacy - noticed some atypical social behaviors, which he brought to the attention of the parents. The parents were previously unaware and were able to get a diagnosis of the disability. Consequently, the mentor was able to pass the parents and other teachers of the child information they need as well.

Shared support now continues in September.

Those interested in being a mentor must be informed with Disability Services and speak to a coordinator. They will guide you through the process and there is a chance you will get to this connection, if not, next school year.

CAFETERIA FOOD GETS TWO THUMBS UP



PHOTO BY CHRIS BROWNE/WSNJ

Nick Lindeman (left to right), Anthony Davis and Sarah Wilson are impressed with the cafeteria food at Conestoga College.

Conestoga, wow!



Nature's pick-me-up

By DAVID MEYER

The morning hustle on your alarm clock sounds and in a hurry, you get up. You usually hit the stairs and you run no longer barely under your worn, comfy covers.

Many Connecticut students are victims in this routine, only morning awareness and are forced to their moving sluggish pace on a day-to-day basis.

And your morning low energy levels is a simple as changing some heavy eating habits, said Peggy Kotsopoulos, a registered holistic nutritionist and health educator during a food demonstration at Fairhaven in Kenton on Jan. 8.

"If your body functions more efficiently internally, you're going to have more energy externally," Kotsopoulos said.

Increasing a variety of nutrients and vitamins,

including iron, vitamin C, water and chlorophyll, in your diet can drastically increase your energy levels, she explained during the demonstration.

If your body functions more efficiently internally, you're going to have more energy externally

— Peggy Kotsopoulos

As it helps in the movement of oxygen throughout your body, iron is a single nutrient our body needs. Those who struggle from iron deficiency or those who do not incorporate enough iron into their diet, consequently face fatigue, according to a Hamilton Health Services

report from 2000 (www.hamiltonhealthservices.com).

"Eat your red foods coupled with vitamin C. The vitamin C will actually help to increase your body's absorption of the iron," Kotsopoulos said.

She suggested you pair a level of natural or processed food, with fresh vegetables or blackberries. Both fruits have more vitamins C than oranges, she said.

In addition, drinking more water will help stick low energy levels.

"The number 1 cause of fatigue is dehydration. We should be drinking half our body weight, in pounds, in water," she said.

By this calculation is a 150-pound individual should drink 60 ounces or roughly eight glasses of water each day, she explained.

"If you weigh more, drink

more. If you are active, drink more to replenish your body's water supply."

Kotsopoulos suggested drinking coconut water as a naturally flavored water alternative. It is high in electrolytes, including sodium, potassium and magnesium, and is far healthier than other flavored water options such as Crystal Light, she said.

Also, eating foods with high chlorophyll content will help boost your low energy levels.

For those needing a mental jog back to high school science, chlorophyll is the green pigment found in most plants. It provides light absorption to generate energy.

When we eat chlorophyll-rich foods, naturally stored "green" or carotene are used inside cells and help in the movement of oxygen throughout our bodies, similar to iron's effect.

During the demonstration Kotsopoulos outlined a list of green that increase in value based on their nutrient density and chlorophyll levels.

The highest tier of her list includes amounts of dark leafy greens like, spinach, mustard, etc. Second are sprouts such as alfalfa, etc. Third are sea vegetables like wakame, kelp, etc.

Her fourth and highest tier consists of algae, including chlorella.

Kotsopoulos lists a many ways that affect the body and mind as her book titled, *What Have Been Something I Am*. Included in her book are energy recipes that help improve low energy.

"When you eat clean, it quiets your stomach. When you have a quiet stomach you have a quiet mind, and when you have a quiet mind you can listen to your heart. And your heart speaks to the truth."

It's potty time

As I was using a women's restroom at the college the other day, I thought to myself, "All my previous friends don't work out. I could always take my visiting skills to the restroom."

I was completely shocked by the words "I've B.T." on my toilet. Former and now later?

Not! Ladies! We're not in public initial sessions. In it not enough that you use Facebook and Twitter to declare your love to your significant other? It is really necessary to defuse the stink to public restrooms? While I'm reliving myself I don't even about my relationship or what might happen you heard that day. Actually, I probably wouldn't care even if I wasn't sitting on the throne.

And there's just the beginning.

Many women have become experts at hanging over the toilet. As the toilet they sit on, they feel their pants fly off in one of them. I have had this happen to me. However, if you are not my mother and you consistently drink, please wrap it off. If I walk over a sidewalk and see my head of toilet or toilet on or around the toilet seat, I will not sit on it and I will not wipe it off.

My next point is a fairly simple concept but it seems so though some college stu-



Alexandra Over Optimism

dents haven't learned it yet. After you use the toilet, flush it. I'm sure everyone learned how to do it when they were potty trained. Do you know?

Also, please do not drink your used female products in the walls, the side of the toilet or throw them on the floor. Feminine hygiene disposal units were created into the walls for a reason. Use them.

I have also noticed that many women choose to buy out the toilet or their own out of the restroom. That's just disgusting. How can you use the toilet? This is the first thing you see when you walk out of the stall.

The reason for the boycotting may be because there is almost always water all over the counter-top. Where does all the water come from? Now I'm not talking the cleaning staff. I am talking the cleaning staff. I am talking the cleaning staff.

Ladies of Connecticut, while you were being kind to your behind. I think you've forgotten a few rules of restroom etiquette. Please up on them because we all need to use the restrooms at some point.

Hang up your hangover

By ANTHONY BRYCE

Most people who party would agree that hangovers are the ugliest bugs kill when you want to have a night out drinking.

At least that's what researchers at the University of Illinois believe is why they've created a patch to prevent hangovers.

Bryce University is not a real school, it is simply what the company decided to call themselves, taking on a collegiate theme.

The company called this patch Bryce, a hangover remedy. For those who want to enjoy a couple of drinks and still be ready to face the next day, you simply put the patch on a dry, hairless spot on your body, at least 45 minutes before you begin drinking, and hang it on for eight hours after your last drink.

There's no need to take care of the patch because it is waterproof, sweat-proof and shower-proof, according to the company website, www.bryce.com.

The patch continuously delivers water into your body up to 36 hours. It is meant to replenish everything that alcohol takes out of your system and as all as before as it is made from 17 different natural ingredients.

The patches are available to order online and come in packs of five for \$13.49, 10 for \$24.99 and 30 for \$39.99.

The new remedy has gained a lot of attention both online and in the news, being featured on Fox News on the New York Times and on many websites. The product already has 1,000 "likes" on its Facebook page.

"This good idea that's old. I'd say it," said Chris Proctor, a first-year design student



from students at Connecticut College. "It could work but I'd have to try it before I would be fully convinced."

The doctors who helped create the patch, including Dr. Dean D'Amico have tested it, but also say their customers will have to take their word for it until they are able to try it themselves, according to an article in The Daily News, a local newspaper (www.dailynews.com).

Dr. Leonard Weissman, who also helped create the hangover remedy, said the patch for himself.

"We went out and had a few shots, all in the name of science. I will cover my college days and I really only drank water with my tea. In a matter of an hour, I had no shots of alcohol, meaning the patch did its job. I was absolutely crystal clear," Weissman was quoted as saying on the *Millennium New Times* blog.

"We've given out thousands of these patches to friends and everyone loves about it."

Tuition grant benefits many

By LARA HANCOCK

We all need to give a quick thank you to Ontario Premier Dalton McGuinty because, thanks to him, colleges and university students are going to have a little bit of extra cash to spend.

Students have until March 31 to sign up for a grant worth 50 per cent of their tuition. *Assuming* already getting OSAP will exempt the grant as a bursary or deposit rather than a loan. The grant will continue into the foreseeable future and will be 60 per cent of the current tuition of college and university students. If a student is not receiving OSAP then they'll have to apply and provide the government with the following information: Their Social Insurance Number, Their parents' federal income tax returns.

And the amount on Line 150 of their parents' 2010 tax returns.

Students not receiving OSAP can apply online at www.osap.on.ca/OSAP. They also need to print out the declaration and signature pages that have to be signed by the student and their parents and mail them to the address listed at the bottom of each form.

This grant will be extremely useful to students, especially those who plan to go into careers where money can be either scarce or those who sign up for volunteer work to earn their work experience hours. With tuition costs on the rise, the extra money will help pay the books that some students are having trouble obtaining. Also the problem of getting something to eat without eating a friend who works at a restaurant for leftovers or having to purchase the over charged instant noodle will be slightly less problematic. People living with their parents will still be sleeping at home but now they'll have extra cash to buy food and books that they couldn't previously afford.

The grant does have its drawbacks. The money has to come from somewhere. This is found in rise up some one's income, with some people paying the money could be better spent elsewhere. And the opportunity could serve to discourage that grant to go to some one's education time.

But from where we sit, it's a great thing. Students can breathe a slight sigh of relief and go get some of the necessities with their extra spending money.

Don't forget to thank the Premier and the others who thought that students deserve a little help.

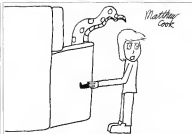
The guest blogger assumes the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be typed and include the name and telephone number of the writer. Letters will be considered for publication. No anonymous letters will be published. Letters should be no longer

than 200 words.

Spoke reserves the right to edit any letter for publication. Address envelopes should be: The Editor, Spoke, 205 Dean Taylor Dr., Room 1230, Kitchener, Ont., N2G 6M4



Anybody know how long turkey is good for?

'Shut your mouth, war is hell'

In recent days a video that went viral showing then United States Marines kneeling to Saudi Taliban soldiers has caused outrage all over the world.

Apparently the video was taken last year in Afghanistan yet it only being seen now. Two of the Marines have been identified and it'll only be a matter of time before the other two are as well.

U.S. Secretary of State, Hillary Clinton said she was a "little shocked" at the video but, according to her Jan. 18 article in the Washington Post,

Apologies for my heavy heart as well as talk of punishment for those soldiers. However, not everyone is corrupt. Allen West, a Florida congressman, and the three Marines should receive some form of punishment, which could include a reprimand or voluntary to work for some of our troops duty. However, he also said that not would the worst thing that had ever happened in the world, and is a national crisis. "Unless you have been shot at by the Taliban, shut your mouth, war is hell."



Marlene C. Morrice
Opinion

War is definitely hell. There have been many events throughout history where a military has committed atrocious actions against a dead person, it's not widespread all the time, but it does happen. Does this qualify as a war crime?

Unless you have been shot at by the Taliban, shut your mouth, war is hell.

— Allen West

In an article posted on the Washington Post on Jan. 18, the reporter, Sebastian, danger, who served, came a year ago to meet with a platoon of U.S. soldiers in Afghanistan, discussed how your mind changes when you're in combat because of the things you see. Soldiers

would cheer seeing their enemy to pass. Although that sounds wrong, it can be done even in this theory could no longer take down an American soldier. They cheer that they are alive and that they are not stay down to pass home.

We don't like to speak of it, but there are other times in history where the dead have been disrespected such as the time Benito's soldiers dragged the body of a U.S. soldier after a Black Hawk helicopter was shot down in 1983.

Texas Governor Rick Perry found the video to be disturbing but also thinks that calling it a criminal act is going too far and that war is hell. He said that General George S. Patton, a U.S. Army officer, was during the Second World War wanted in the Rhine River during a march into Germany.

Obviously training is needed, but it won't prevent major support in the future. There's always one more soldier who takes things into his own hands.

That is why this video is real, but not surprising.

SPOKE

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No other news sources required as the newspaper is continuously updated with the latest news from the college. Spoke staff will make every effort to ensure that the news is accurate and that the information is presented in a fair and balanced manner. Spoke staff will make every effort to ensure that the news is accurate and that the information is presented in a fair and balanced manner.

HAPPENINGS IN AND AROUND COMESTOGA



PHOTO BY MICHAEL DUNN

Shantea Benson: C&D service co-ordinator pours syrup on students' pancakes on Jan. 13 at a free pancake breakfast.

Upcoming Career and Employment Events

Degree and Graduate Studies Fair

January 23, 10am - 1pm, Blue Room
Meet with reps from over 20 universities

Culinary and Hospitality Fair

January 24, 1 - 4pm, Waterloo campus
Network with culinary and hospitality employers

Resume and Cover Letter Workshops

January 24 2:30 - 4pm, Room 2B27 (Dean)
January 24 2:30 - 4pm, Room 4B112 (CareerMags)
January 24 2:30 - 4pm, Room 2B27 (Dean)
Registration is required via MyCareer

Rapid Resume Review

January 27 10am - 1pm, BUC Lower Atrium (Dean)
January 28 10am - 1pm, BUC Lower Atrium (Dean)
January 28 1:30 - 3pm, Atrium (CareerMags)
January 29 10am - 1pm, BUC Lower Atrium (Dean)
January 29 1:30 - 3pm, Atrium (CareerMags)
Get ready for job fairs! No registration required

Career Directions - Part 1 of 3

January 29 9:30 - 4pm, Room 4000
A three-part workshop to assist students with career planning and development. Students are required to attend all 3 sessions (Parts 1 & 2 are February 6 & 13) in order to receive a certificate of completion
Registration is required via MyCareer

2012 Job Fair

February 7 10am - 4pm, Binghamton Atrium (Dean)
• Hundreds of job-relevant photos and tips
• Free Resume Review by David Calverley on the CareerMags Booth
• Check out these pages for details
• Admission is free to students and alumni

Log in to MyCareer to register, or check out the amazing resources for career planning on the Career Directions tab
(From the Student Portal, click on the "Services" tab)



COMESTOGA
COLLEGE

1000
CAMPUS DRIVE



PHOTO BY MICHAEL DUNN

Teams of second-year robotic and automation students designed five following robots: two cars and three computers. Each team had to design a robot that could follow a line. The line they had to follow was made of the same material. The winning team consisted of members: Shantea Benson, Scott Tarnish and Aaron Lee. They received a prize of \$1,000 to be given to the charity of their choice. The team chose the Blazings Foundation in Toronto as their recipient. Established in 1979, the Foundation raises funds on behalf of The Hospital for Sick Children.



PHOTO BY PHILIP JONES

First-year C&D student, Santiago Diaz, plays Ping-Pong in the C&D Commons. He is 100% into it.

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GRAND RIVER TRANSIT



How much do you waste when it comes to water?

By BETH LEVINE

When was the last time you had to get your water from a nearby roadside pump?

For a school called WaterCan's Water for Life in Africa Photo Exhibit, it's not so hard: Africa is water-saturated, even last week in this New York City hall.

The exhibit featured photos of Peter Bregg, who has taken 40 photographs of the world's poorest people. He had taken while visiting the WaterCan project in East Africa.

Bregg spent seven days in Kenya, touring Eldoret, Nairobi and Uasin.

According to statistics, water for life is a charitable program launched on World Water Day in 2000 and will provide water to 200,000 people in Kenya.

Through the exhibit's photographs, Kenyan citizens will see how much water is wasted in their homes. In all, one could be seen drinking contaminated water from a pond. At the same time, one could be seen bathing in a stream, leaving their clothes in the water, or drinking water from a well.

Millions of Kenyans live in areas where there is no clean water. In fact, one of the world's largest cities, Nairobi, has no drinking water. In fact, one of the world's largest cities, Nairobi, has no drinking water. In fact, one of the world's largest cities, Nairobi, has no drinking water.

It's a tragedy, but it's not a new one. In fact, one of the world's largest cities, Nairobi, has no drinking water. In fact, one of the world's largest cities, Nairobi, has no drinking water.

Photographs of WaterCan's recent projects could be seen throughout the 40 photos.

"I don't want to show people 40 pictures of sad moments and despair. I want to show them that there is hope in Africa, in water," said Bregg.

Bregg is an active member of WaterCan's Water for Life project, which is a photo exhibit that uses photography to support charitable causes.

"Anything I can do to help others is a blessing in my eyes," said Bregg.

WaterCan is a Canadian-based organization that helps the poorest countries gain access to clean water. They do this by digging fresh water wells. The collection of their charitable work has been growing since Canada since 2000.

"WaterCan has helped me and I would go to East Africa to take pictures for them and I personally support. I love when I am able to help others and with my work."

One out of every 10 people in the world's population does not have access to clean water. That's approximately 800 million people. It is also estimated that 4,000 children under the age of five each day die of diarrheal diseases caused primarily by lack of sanitary water (mainly from).

The water and sanitation crisis kills more people than any other crisis in the world.

going to continue about my coffee being too cold," said Bregg, who was walking through the exhibit.

"It's definitely an experience," he said.

WaterCan hopes that through the exhibit, people will become inspired by the resilience of people around the world who don't have access to clean water. The goal is to help people understand the importance of water.

Anything I can do to help others is a blessing in my eyes.
— Peter Bregg

Millions of people spend hours each day walking to fetch water from distant rivers and streams.

And that's why Bregg hopes that Canadians will be motivated to get involved after seeing the exhibit.

Kenya's WaterCan program is a world where people work their best and spend their time at the same time.

Just over a million people in Kenya will have access to clean water. From the beginning, it has been a goal to help people in Kenya.

WaterCan tell you at 1-800-275-0000.



People in Kenya are waiting for water.



A young boy sitting in the Nairobi River in Kenya.

WaterCan tell you at 1-800-275-0000.



The WaterCan exhibit through the exhibit and what it means to the people in Kenya.

FACT BOX

Did you know?

- Peter Bregg has been a member of WaterCan since 2000.
- 1.5 million children under the age of five die each year as a result of diarrhea.
- Forty per cent of Kenyans do not have access to clean water.
- One in 22 women in sub-Saharan Africa die while giving birth due to lack of sanitary water.
- A Canadian uses 250 liters of water each day, while many African families survive on 20 liters or less.
- Every year an estimated 440 million school days are lost worldwide because of water illness.
- Thirty-four percent of water is used to make a car.

Strolling



Located on the corner of Elm St. and Regent Road in Wallenstein, the Wallenstein General Store has had steady business ever since it was built in 1890 as a hotel.

By JESSICA MARTIN

It isn't similar to most stores college students walk into. In fact, the publicists hanging on the wall and homemade magazines pushed out from a part a few of the items that make the store different from modern shopping.

Strolling through the front doors of the 100-year-old building feels like taking a stroll back in time. The friendly eyes and genuine smiles welcome you immediately and fill you with a sense of belonging.

The change rings as you step inside and although you might feel like you belong, you probably don't look like you do. The Marston workers never smile around the store, their faces lit up with a genuine smile. They have worked nearly upon location.

The Wallenstein General Store, located in a town of the

same name 10 minutes north-west of Wallenstein, is exactly how you would imagine an old-fashioned general store to be.

"From bulk food to farm tools, from wrenches to lawn mowers," is their motto, and rightfully so. Groceries, hardware, books, clothing supplies, toys, dishes and more like this are also in the tiny store located at the only intersection in the tiny town.

Allen Martin, co-owner of the store since 1990, joked around about renovations to the old building.

"The going to build out this way and that way and to the sky. We'll be the metropolitan Wallenstein General Store," she said with a deep hearty laugh.

"But no, we can't do what location it's in a corner and the property isn't big enough. We'll have to buy the next property and build another store and then we'll have our old time value. It would definitely

change and it wouldn't be good."

The store was first built in 1890 for a cost of \$200 and was exclusively used as a hotel.

When Wallenstein was increased activity in 1900 after the railway line from Churchill to Gochetown was routed through the village, the hotel turned into a store and post office. The town was then able to bring in supplies that were needed and offered a form of transportation other than horse and buggy.

The store has had continued steady business ever since then. Martin smiles behind the counter and starts flipping through small pieces of paper, or what locals know as change cards.

"We have about 100,000 people who pay by change cards," she said. "These are mainly local people who just pay their bill at the end of every two months."

The bank won't be the only place who comes to the store. Martin said a lot of tourists pay

a visit because it's "not similar to any other in the area." Most tourists come in the summer and fall, which is also when the profit season is in full bloom. Selling about 1,000 bushels of produce each year, the customers never leave a dollar without.

"I only have around here just I have a lot. I have the variety of people we serve, taking care of our business and managing and ordering produce," she said. A customer's smile comes to her eyes in the laughs and talks. "And ordering the people around too."

Walking out of the store, the sweet smell of crisp country air mixed with the pungent odor of freshly spread manure delights your senses and combines with the music of the 150-year-old building to complete your trip into the past.

Shopping back in the present, your mind may be in a time like Wallenstein or the mall.



These wagons, made by the Dave Martin Marston in Wallenstein, are not only a popular item at the general store, but they are also distributed through Home Hardware stores and retail across Canada.

into the past



Allen Martin (left) and Allen Martin, co-owners of the Wallenstein General Store, proudly stand in front of the building that just passed its 100th anniversary.



Wagons Marston allows up another reason for a customer. The store has a wide selection of items many locals come to buy their needs.



An array of colorful and different patterned baskets lines the side wall.

PHOTOS BY JESSICA MARTIN

AT NOON IN THE SANCTUARY

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Week of Jan. 23, 2012



Aries
March 21 - April 19

Be concerned with the time you take during conversations. You may not realize how a minute to others.



Libra
September 23 - October 23

You have the sudden urge to drop everything important and just take off on vacation. Be careful, dropping everything won't damage your life.



Taurus
April 20 - May 20

You may not appreciate a simple suggestion as much as this week. Try not to let it get personal. You won't want to lose the friendship.



Scorpio
October 23 - November 21

You are focused on the past this week when you should open something from your childhood. Try and let it go, it may be affecting your dreams and/or



Gemini
May 21 - June 21

You are in a moment as ever at the moment. Just keep doing all the things you have been doing; things are looking up.



Sagittarius
November 22 - December 21

You may as well embrace your last good lifestyle for the next little while, and suddenly there is no escaping it.



Cancer
June 22 - July 22

You have big dreams, but make sure you go to where it is you want to be. Do not over-complicate things.



Capricorn
December 22 - January 19

Don't focus on your job too much. You have been stressed lately; take a way of doing your dream just when you need it.



Leo
July 23 - August 22

Maybe choosing the less obvious option will have positive effects on your life. Don't always listen to what the majority of people are telling you, or with your gut feeling.



Aquarius
January 20 - February 18

You should keep weighing the benefits while you can. You have big plans, so enjoy the momentary benefits while they last.



Virgo
August 23 - September 22

You will find that you have a burst of energy this week. Use it toward your job, as it will be the most rewarding.



Pisces
February 19 - March 20

Develop yourself even further by taking some alone time. You may enjoy the company of others, but some alone time has never been a bad thing.



Kenneth Beltrami is the resident astrologist who gazes into the signs and stars to bring back the best and worst of the universe to unfold before him.



Whether singing/songwriter Justin Hall has steady plans for the coming year

Local musician strikes the right chord

By KAREN ROBERTSON

Local artist, Nels Hall, has many plans up his sleeve for 2012.

His new single will be released mid-February, and an EP will follow shortly after that. A tour is also in the planning stages.

The 19-year-old's love for music started five years ago when he was attending Xavier High's talent in Toronto.

"I was amazed," said Hall. "The next day I picked up my guitar and started learning how to play. I've been playing ever since."

The son of a doctor and a nurse, Hall decided to pursue his dreams right out of high school.

"My family and friends were very supportive," Hall said.

In August 2011, Hall was named the Hall Music Magazine Artist of the Month for his first single, Keep Moving On, which gave him radio play across Canada.

With over 100,000 views on his YouTube channel, Hall plays mostly pop music but tries to pull from different genres as well, trying to create a unique sound.

This past December, Hall opened for Justin Guarini at a concert in Waterloo as part of the 100th anniversary of the City of Waterloo. He will travel to the City of Waterloo and Ottawa to share his dream with others.

When asked to describe Hall as three words, Zelen

Thakkar, his manager and producer, said "Brave, hard and fun."

In addition to being involved with his music, Hall also takes part in community events.

Recently he was involved with the Waterloo Region's Police Services anti-drug campaign.

"The other song called 'Things' was the theme song for the 8 Stop campaign, and

together, by Manning Children's Society Canada.

"The singer enjoys working in studios, performing live with his friend Riley Dunsen, and interacting with the audience."

In the future he plans on continuing to make music and keep sharing it with people.

"I expect nothing," said Hall. "I wanted a job, and that's the way to do it."



Hall opened for Justin Guarini at an event held by Pulse Magazine and December

CJ!Q reggae DJs win PEABO awards

IN THE MIX

Two Coastside radio DJs were recognized this past year for bringing up the under-represented reggae scene.

Ed Vito and Super V, deejays of one of CJ!Q's most popular shows — Hot Radio and Vibe Radio — were given Canadian Broadcasters Association (CBA) awards in November for contributions to local and worldwide radio programming.

Journalist Lawrence, a.k.a. Super Vito or Super V, was honoured with lifetime achievement award at the second annual PEABO awards for his over 30 years of work developing reggae music on the radio.

Super V hosts the Vibe Radio show on CJ!Q every Saturday from 3 to 6 p.m., which presents mostly of 'old school' international and Caribbean hits and reggae music, comparable to Bob Marley or Peter Dink.

"I listen to Super V his underground reggae artists often stations won't play and my secret is this show," said Wednesday. Super, a third-year documentary and ethnography student.

Ed Vito, a.k.a. Daryl Pomeroy, won a PEABO award as well for his influence in radio and leadership in the Caribbean community. When Super V's released new music, Ed Vito's deejays and rap poets spend up the beats on the Hot Radio show Saturday from 8 to 9 p.m.

Pomeroy has been hosting the Hot Radio show since 2007 and at that time has received numerous commendations from people and organizations, such as Universal



Ed Vito hosts Vibe Radio on 88.1 CJ!Q Saturdays from 3 to 6 p.m.

Musik in Toronto, who actively promoted the show.

"They said 'you, we can't believe the way you're representing' and they were forced," said Pomeroy. Guinness helped Hot

Radio and Ed Vito connect with big names such as Kevina Chanté and Lil' John, who recorded professionally here for three months.

Through Hot Ed Vito also got the chance to interview

Ladyhaw, a popular Jamaican artist who also worked with Owen Stryker at the song Red Light.

Although there have been many good times there has always been a risk of cancer

also for Hot Radio and Ed Vito. Due to some highly paid and underground music content Hot Radio has been at risk of being shut down in the past by regulators that deemed the show too sexy for some listeners.

"I thought a few times that they might think it's too sexual and possibly vulgar," said Pomeroy.

Although he understands that some parents may not approve of the lyrics, Ed Vito and Hot Radio continue to play controversial songs to provide its listeners access to better music.

"This is a show that when I was a kid I would have killed for. That's why we do the show the way it is," said Pomeroy.

Although the show has received worldwide acclaim, with listeners in Mexico, the United States and New York City, exposure on a local level has been difficult, said Pomeroy.

"It's been a constant uphill battle trying to get permission for a show of our culture and to get published," he said.

Although, through the support, Hot Radio and Vibe Radio have reached a global audience many people in the tradition are still unaware of the show, including students at Coastside College.

"I'm a huge fan of reggae music and believe that there's popular reggae artists that are in my city," said Michael Mendelsohn, a third-year anthropology student.

For more information about when Ed Vito will be playing live, go to Facebook and download apps.

Comics entertain sparse crowd at Comedy Noon

IN THE MIX

Comedians to school asked a month, during which more students interested, was brought by the middle of the first week and despite though the call to get in show, students were few and far between.

To lighten things up a bit, the first 90-minute Comedy Noon was held in the Dean Eugene Kavanagh on Jan. 17 to C2.

The event started with a full house as students sat back between classes, but emptied over time.

Officer Mendelsohn, a

Canadian comic who last appeared at comedy festivals from Banff to Seattle as well as at Just For Laughs Montreal, headlined the show. Among him was Christian Makinowski and Alex Pomeroy from Toronto.

Makinowski not indicated jokes about his not being asked after he left in running to his driveway. "The cops don't care," he called them, thought I accidentally called him. He also called a local way students should avoid an election in the arts if they're expecting to make money, making fun of himself for doing that and sug-

gesting running or science as alternatives. "Women — they may say no but they never say yes," he said.

Pomeroy also talked about education before reminding us how much he hated construction work he described, "Was in school?" He also compared himself to Super Mario because of his magic tricks, saying his magic really was a magic, and made fun of American society at sports events.

Wilkensham talked about performing at military bases in Korea, explaining that the people there love Canadians — which she loved too — and

she heard, "This is awesome, you're from Canada! You can tell me what's going on in hockey right now?"

"It's from Toronto, we don't have playoffs here," she replied.

Though he was the main act, Mendelsohn performed to the smallest audience.

"And you're going to show?" "Oh, you have class?" "The hell?" Mendelsohn joked with the students who had to leave his show.

"I was assuming the audience earlier but it's completely different. I can't make this all the time now," he said as a group of

fighting students left.

Most of the people laughing along with the show had no idea it was taking place until they had taken their seats to sit their laps.

There were posters around the school to advertise the event, but there were mostly, if not entirely, overlooked.

"Many students have attended on Facebook and Twitter, both of which I'd like to see," said Alex Pomeroy, a third-year anthropology student. "I would have liked to have seen an advertisement there. I don't usually have time to read all of the posters around the hallways."

Deja vu at Cambridge retro store

By KERRA HENRIKSEN

It's like a trip back in time, to a period that is likely well before your time.

Cambridge Newsprint & Co is a small store on the Bowdoin Commons building on Central Avenue, which is stocked well to deal with new fans. It's not only retro vinyl goods. Some of the store's most popular items are a soft-spoken and reserved but steady man with graying hair and a Glasgow-like countenance. His wife, Laura, lives in Cambridge College's shared apartments on campus.

Small appliances and retro candy make a Milk Duds, Fry and Lolly Dolly are popular with customers, but the store stocks everything from parking signs to pocket calculators to popcorn machines. For the business retro devotees, Cambridge Newsprint offers a full line of 1950s-style Norwood kitchen appliances, which are \$1,000 each year and made in Canada. Most of the store's products are sourced from North American companies.

Some of the store's most treasured items are an air conditioner, a CD player, which have the same look and quality as their vintage counterparts. One model holds 100 CDs at a time. It's priced around \$2,000. The Harley Davidson model costs \$1,000 more than



Doug Harding, owner of Newsprint & Co., stands proudly with the business products in his Cambridge store. Memorabilia runs the gamut from appliances to candy.

the others because it's freonless. It's a wonder Harding doesn't sell more a year. Most of the items he does sell are to restaurants.

Cambridge Newsprint has competition in big box stores that will sell retro goods, such as HomeGoods, but Harding doesn't see it. "If I can't beat the big box stores, I'm not

going to sell it," Harding said.

Harding believes he can sell anything as long as it's good quality and is reasonably priced. To prove this, he once offered an antique toaster at a low price. "It's a small one, but it's a great one," he said. "It's the only one I have left," he added. "I'm not

going to sell it."

Harding also sells vintage Norwood Appliances. He started Cambridge Newsprint & Co. in 1976. In the last year, to satisfy the customers who had a passion for retro design but wanted items that were fully functional and repairable — at other words, new.

Though a much smaller store than Southwicks Antiques, Cambridge Newsprint has more traffic per

square foot.

Just try through the rear view. Harding's collection is huge.

The phone he wants from his pocket is cheap. Black and white, but the design is, fittingly, in of an old-fashioned telephone.

In true retro fashion, Harding is not a fan of the old. He has a physical book in a binder.

Putting up a catalog, he explained. "I can flip through this catalog a lot faster than I can go through a binder."

Harding manufactures some of his own merchandise, and is working on a professional coffee table. He also does custom work and ships world-wide thanks to an online catalog.

Harding and the business he's sold go Canada was in the Yukon Territory, and he has his most recent success in Alaska, cottage country that he does at home in Rochester, Whitehouse and Cambridge.

Many of his items are vintage, but some have been made or grown in place, including an antique (Coke) Lolly Dolly.

Harding accepts items for return and sells parts for his appliances.

Harding would like you to visit him. Just let him know you're in a good day. "I should be in a good day," he said. "I need to have a sign outside that says, 'Forget the day, because of me!'"

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Nominations close on March 18, 2012



Cambridge Newsprint & Co. has a large collection of vintage items. The Christmas story is just one of the items sold at the store.

Snow tournament golfers far from teed off

By JANE KENNEDY

Old man winter came to play golf during the annual week of January.

The Preston-Kennan and Kenner's Annual Snow Golf Tournament for Cystic Fibrosis was held on Jan. 14, at the Grand Valley Golf and Country Club in Guelph.

The event, which included 35 rounds of four to six players, raised over \$400, donating last year's total of \$121.

The round of golf challenged all 42 participants to play a game of best ball on the back nine of the course in two sections of snow. Preston was excluded from the tournament as the green was replaced with a target to which the golfers had to land their shot.

The 12th year of the event saw temperatures of 35 F. Despite the cold weather, the golfers wore as pool towels as they joked about the weather and golf balls, often referring to them as "your balls." They compensated for the winter season by making two out of piles of snow and replacing golf carts for their chairs with sleds.

The first place team finished the round with a score of 26,

beating the course's usual back-nine par of 35.

Event coordinators Mark Henshaw and Russ Kelly were pleased with the support they received from the competitors as they exceeded their goal of participants.

"We were hoping for at least 40 golfers and we got over 100," said Kelly. "This year also saw a new feature, a hole-in-one competition for the first time."

The round of golf began at noon and continued into the late evening. After the event, the golfers went back to the Kenner's hall on Hamilton Street in Guelph for dinner and presentation of the first place trophy and prizes. The prizes raised as contest as we got to pick their round in order of their placing.

The Preston-Kennan and Kenner's Club will be having a winter fundraiser, the cystic fibrosis on Jan. 27, where they will have dinner and a silent auction.

"It's our opportunity to give our donation to their charity," said Henshaw.

The dinner also provides the opportunity for a family member or someone who is unemployed with a person who has the disease, it is featured.



Photo by Jane Kennedy

The Preston-Kennan and Kenner's Club held their 12th annual snow golf tournament for cystic fibrosis on Jan. 14, at Grand Valley Golf and Country Club. Forty-two golfers participated in the event and raised over \$400 for the charity.

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Tim Tebow - NFL quarterback or pop culture personality?

There will be no more "Tebowman" this season in the Mile High City. The beloved Tim Tebow and the Denver Broncos were benched from playoff contention after a 45-10 thrashing against the mighty New England Patriots in Foxborough on Jan. 14.

I guess God ran out of work on many matches during a NFL season.

The loss marked an end to the fairy tale ride for Tebow, a second-year quarterback who made up for his lack of football skill this season with unbecomingly fourth-quarter comebacks that some say are inspired from the hand of God since Tebow is such a devoted Christian.

Now that the season is over in Denver, the questions will begin. Is Tebow's legitimate starting quarterback in the NFL or was what we saw this year just a fluke on the radar? Is he known more for his "Tebowman" praying game than that has become a worldwide pop culture phenomenon? Then his ability on the field?



Ryan Rome
Opinion

Tebow has done some great things on the field this season, rapping it all with a man who spent against the odds very rarely.

Pittsburgh Steelers on the wild card round of the playoffs. He had his last game of the season, throwing for 238 yards, including an 85-yarder on the first play in overtime to win the game and send Denver into a state of heaven. All of this happened while a Denver Broncos' great, John Elway, stood on the sideline watching Tebow's every move like a concerned father.

People never gave Tebow a chance as soon as his college career came to an end. He dropped to 25th overall in the 2010 NFL Entry Draft as many thought his game wouldn't be successful in the

pro. Yet in his first full season in the NFL, the great statistics may not have been there, but the wins were.

Yet, there were also many points in the season when he looked scared and confused. Missing open receivers with shaky and wobbling passes was the other side of Tebow that you never saw on the highlight reel. The Broncos looked into the playoffs by being the last team given of the season and finishing with a 3-13 record.

If Tebow happens to be the starting quarterback for the Denver Broncos next season, I don't believe "Tebowman" even from the entire nation will lead them to the post and final. Tebow as an average quarterback who he's paid to study a lot of luck this season. Everybody's luck runs out eventually and I think that time has come for the young straight-shooted quarterback from Florida. It's been a great run, but I don't think it will end in a Super Bowl championship. So the other hand Tebow is



DEREK HANCOCK

It will be interesting to see if Tim Tebow will be back on the Broncos QB next year.

great for the game as a role model. In the day and age where it seems so many high-profile football players have allegedly done this or done that, it's nice to see Tebow having success while being

his life as a way that kids can aspire to off the field. And if nothing else, at least Tebow has given us the latest pop culture trend to Tweet and to put on our Facebook walls.



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